

> 12

Boyle-ing point



> 22

Sugar coated



> 24

Good growing



# thenewhammag

issue 241 // 16 – 30 March 2012



**Happy  
families**

Workplace helps the  
Khans into work (p10)





**Take control & tell us what you think of health & social care services in Newham**

- 
1. **Join us**
  2. **Share experiences and ideas**
  3. **Lead change**

Newham LINK is a network of groups and individuals which encourages people to get involved and have their say in how local Health and Social Care services are planned, commissioned and delivered. The LINK has legal powers to hold services to account and the right to enter and view premises where services are provided such as local hospitals, health centres and care homes.

#### **HOW YOU CAN MAKE A DIFFERENCE**

Newham LINK members recently formed a Community Reference Group to help look at and make comments on Newham's Health Services Commissioning Strategy Plan for 2012/2013. This plan outlines the health services the local NHS and the new Clinical Commissioning Group will buy for Newham residents. It is the first time that local residents have been involved in this level of planning with the health services.

The panel looked at how decisions about services are made. They also ensured that these decisions were made by gathering enough information about Newham and its people and their needs.

LINK members gave their approval for a real positive step in getting local people involved with the future of their health services.

*'It enabled the group to see what really affects local people. The NHS staff really seemed to listen and hear what the group had to say.'*  
(Community representative)

**Contact:**  
[newhamlink@bemccf.org.uk](mailto:newhamlink@bemccf.org.uk)  
Tel: 020 7473 9512

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# contents

16 March 2012 // **issue 241**



We've got a real uplifting look at the borough in this issue. The new families project at our employment scheme Workplace has already got the couple on the cover into work – meet the Khans on page 10. With dockside developments

like the green Siemens Crystal building (p14) and the SportsDock at the University of East London (p26), a look at six Inspiring People who have won tickets to the Olympics (p18) and a meeting between Oscar-winning director Danny Boyle and our Youth Council (p12), you're spoiled for choice.

*Cllr Clive Furness*

*Executive member for health*

Don't forget – If you live in East Ham, Royal Docks, Forest Gate or Custom House and Canning Town community forum areas, look inside for local news and events in In Focus.

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The Newham Mag is printed by Woodford Litho Ltd and distributed by Letterbox Distribution.

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## IN BRIEF //

### Changes to libraries

Manor Park Local Service Centre (LSC) ceases to operate from Saturday 31 March, to allow the creation of a new library with customer service facilities.

The building at the junction of Romford Road and Station Road will re-open in January. As well as library facilities it will have easy to use self-serve kiosks where residents can carry out a range of transactions including paying council bills and searching for jobs.

The existing Manor Park Library on Romford Road will remain open until the new premises are available.

Canning Town and Beckton Globe libraries have already been improved to offer the usual library services alongside customer service facilities. You can also do more business with the council online by registering at <https://my.newham.gov.uk>

Stratford Library is currently undergoing refurbishment and will re-open in April. Green Street Library closes for improvements on 14 April and is expected to re-open in July. Further information can be found by visiting [www.newham.gov.uk/libraries](http://www.newham.gov.uk/libraries)

### Cash offices closed

Newham's Local Service Centre cash offices based at Stratford, Manor Park and East Ham have now closed.

Residents will not be able to pay by cash or cheques at the offices. The council offers a variety of payment methods, which will vary depending on what you need to pay. Visit [www.newham.gov.uk/cashless](http://www.newham.gov.uk/cashless) to find out more.

A payment options guide containing information on how to make a payment to the council, as well as further guidance on setting up a bank account, is available at Local Service Centres. The guide also explains how to access free computer sessions which show you how to use the internet and make payments at self serve kiosks based in libraries.

## Walkway by royal appointment

Deputy Mayor Lester Hudson was in Stratford to help the Duke of Gloucester unveil a permanent royal landmark to mark The Queen's Diamond Jubilee celebrations on Tuesday 5 June.

A large impression of The Crown and royal insignia made up of 60 glass pavement markers has been installed on the Greenway walking and cycling route by the Olympic Delivery Authority (ODA). Lighting will produce a shimmering effect at night.

Cllr Hudson said: "London 2012 is all about inspiration – and the revamped Greenway, with its magnificent view, is an inspiring site. This year will be an amazing and special time in Newham's history. We see the Games as a once-in-a-lifetime opportunity to transform the lives of local people."



Cllr Hudson, third left, the Duke of Gloucester, third right, and VIPs

## Tribute for former councillor Pat Sheekey

Newham Council has paid tribute to former councillor Pat Sheekey who died aged 71 following a brave battle against illness.

Mother of four Pat was first elected in May 2002 and represented East Ham North ward until May 2010. She was appointed as deputy executive member for environment in July 2008 and community lead councillor for Manor Park forum area from October 2008.

During her time as a councillor Pat served on numerous committees, including the Development Control Committee and several Scrutiny Commissions, and was Deputy Chair of the Public Transport Liaison Group, a forum to discuss issues with service providers. She was also governor at two schools.

Former Deputy Mayor and councillor Christine Bowden said: "I knew Pat for almost 15 years. She was a great person and very active in the community, even before she was elected as a councillor. She was a strong, honest, loyal and straight talking woman who was extremely hard working. She was a good friend to have and will be greatly missed by all who knew her."

Mayor Sir Robin Wales said: "Our thoughts and sympathies are with Pat's family and friends at this time of sadness. She cared deeply about local people and the borough, and her hard work will not be forgotten."



Pat Sheekey

## Town centre revamp moves closer

Newham Council and developers Bouygues have agreed the terms of a Principal Development Agreement that is set to breathe new life into the town centre at Canning Town.

The £600m scheme was developed by Bouygues and consortium partner One Housing Group as part of the council's £3.7bn Canning Town and Custom House regeneration programme.

The development will reconnect the areas north and south of the A13 flyover at Barking Road and Rathbone Market to create a vibrant, accessible and safe town centre.

The first phase will see 179 private and affordable homes and a Morrisons supermarket. Work will start later this year. The entire scheme includes 1,100 homes.

Mayor Sir Robin Wales said: "This scheme is very much for the local community, with existing residents at its heart. They will benefit from a new town centre and all the opportunities that come with that – jobs, new homes and community facilities." Find out more about changes to our town centres at [www.investnewham.com](http://www.investnewham.com)



How the town centre may look

## Swoops target licensing rogues

Newham Council's enforcement officers worked alongside the Metropolitan Police in an operation to tackle unlicensed activity.

Operation Condor was a co-ordinated 48-hour swoop against those who flout licensing rules including shops, pubs, clubs, unlicensed minicabs and others. Around 120 Newham premises were visited and 21 arrests made.

The operation targeted drug taking and other illegal activity inside pubs and checked that alcohol was being sold and consumed in line with licensing laws. In shops and supermarkets action was taken against people selling alcohol, cigarettes and knives to children.

Five premises were caught selling items illegally: one shop sold a knife to a 15-year-old test purchaser; a pub and an off-licence supplied alcohol to a 15-year-old and two shops sold cigarettes and alcohol which had no duty paid on them.

Councillor Unmesh Desai, executive member for crime and anti-social behaviour, said: "Operation Condor was about keeping our communities safe from harm. We will not tolerate the results of unlicensed activity on our streets."



The knife sold to a test purchaser

## Switched on to heart health

One of Newham's most iconic structures, the Old Town Hall in Stratford, was bathed in red light for a week as part of celebrations for National Heart Month.

The lighting effect signalled Newham Council's commitment as a Heart Town – a British Heart Foundation (BHF) initiative to bring communities together and raise awareness of heart disease.

Councillors Clive Furness, executive member for health, and Joy Laguda, executive member for older people, attended the switch on. Cllr Furness said: "Promoting the health and wellbeing of residents is very important to the council.

"Newham is proud to be a Heart Town and is delighted to support the British Heart Foundation's fundraising campaign.

We want to help local people become more aware of the simple steps they can take to maintain a healthy heart."

Everyone in a Heart Town can benefit from the full range of services that the BHF has in place to promote heart health. Visit [www.bhf.org.uk](http://www.bhf.org.uk) for information on heart health as well as events in your area.



Cllrs Furness and Laguda outside the Old Town Hall



# Get ready to party

The Diamond Jubilee long weekend (2-5 June) in Newham looks set to be a fantastic celebration, with many applications for street parties already received despite it being three months away.

Coupled with all the other events planned in schools, gardens, parks, pubs, open spaces and community centres, the scale of celebration is likely to be even greater than that of last year's Royal Wedding.

We are being inundated daily with enquiries about the June weekend, the 2012 Games and St George's Day.

*"Enthusiasm is rising and so far we have had more than 150 applications, at a rate well beyond that of last year's Royal Wedding."*

As part of our Let's Get the Party Started programme to help you organise your own events, we are pulling out all the stops to make holding your party as straightforward as possible by cutting down the red tape.

We can help you with grants of between £250 and £500, advise you on road closures and offer practical help with promoting your event. We can also help you find a venue and get support from our Newham Volunteers.

Not every application will be perfect first time round, but if you have



Community celebrations mark last year's Royal Wedding

questions or problems, talk to us; with a bit of common sense and by talking to each other we should be able to find a solution.

Enthusiasm is rising and so far we have had almost 150 applications, at a rate well beyond that of last year's Royal Wedding. You are telling us you had such a great time at street parties then that you want to hold one again, and many people who didn't get involved in those community celebrations don't want to miss out this time round.

Bringing communities together is one

of our key roles so it's fantastic that the Diamond Jubilee weekend and Games will get people across Newham coming together to enjoy a good old knees-up.

The East End's street party tradition has been well and truly resurrected and people have told me they are preparing to dust down their fold-out tables and unpack the bunting.

Our straightforward guidance is available from Local Service Centres, libraries and online, along with simple application forms: visit [www.newham.gov.uk/party](http://www.newham.gov.uk/party)



## Mayor's view

## Sporting inspiration we can all look up to

I could do nothing but laugh when I met a true giant from the world of sport – in more ways than one. Even standing on a podium I was no match for the 6ft 7ins of rugby star Martin Johnson, the former England manager, captain and World Cup winner.

Along with local residents, councillors and businesses, Martin and I were at East London Rugby Club in Memorial Park, West Ham, to hear about the club's exciting plans for developing youth and women's rugby and getting local people involved in the life of the club.

One of my promises for this year is to help every young person to be a sportsperson, to inspire them to take up a new sport such as rugby as well as supporting local people to become coaches. I'm delighted that East London Rugby Club are keen to play an active part.

Martin's words on the need to get youngsters involved in grassroots sport were inspirational. Some children, he said, get involved with the aim of playing at the top level; some play because of the friendship; some because it is a team sport and others because the whole family just wants to get fit. But they all play, above all, because it is great fun! Wise words from a sporting giant we can all look up to.



Martin Johnson, left, with rugby club chairman Nick Bracken, second left, and businessman Tony Gale, right from energy company GE

## Recognising the signs of abuse

The recent case that made media headlines about abuse related to spiritual belief must act as a reminder to us all to be vigilant about abuse taking place in our communities, to prevent this kind of atrocious behaviour from happening to children in future.

The vast majority of people in the communities where violence such as this can take place are horrified by these acts and take no part in them.

While incidents of child abuse are few and far between, in Newham we aim to ensure the highest possible of safeguarding and child protection.

Keeping young people safe is everyone's responsibility and recognising the signs of abuse and knowing what to do could make a huge difference in a child's life. If you are worried about a child visit our website at [www.newham.gov.uk](http://www.newham.gov.uk) and search for 'safeguarding children'.

# with Sir Robin Wales



# Party like it's 2012

For Newham, the 2012 Games has never just been about a summer of fun – it's about a whole year of fun! And as true East Enders, we aren't just waiting for the party to come to us; residents are getting stuck in and organising their own right in our communities. The council's Let's Get the Party Started programme offers grants of £250 to £500 to get some sparkle for your school, some clobber for your community centre or some razzle-dazzle for your road. Whether it's to toast the Queen's Diamond Jubilee, the August Bank Holiday weekend or just to get to know your neighbours, there's never been a better excuse to have a knees-up.

## Introducing Helen

Admin assistant Helen Matthews and learning mentor Teasie Obersteller from Plaistow's New City Primary school are getting the party started with a Cockney night at the West Ham United Supporters' Club in April. In between now and the big day, she'll be keeping Newham Mag readers updated with her progress. Follow Helen for hints and tips on how to host your own party.



**Read more about Helen and the New City party planners in the next issue. Do you want to get your party started? Go to [www.newham.gov.uk/party](http://www.newham.gov.uk/party) to find out more. If you want to plan your party for the Diamond Jubilee weekend, you must apply before 7 April.**





## *Helen's diary...*

We've held Cockney nights for the past four years, so when we heard about the Let's Get the Party Started programme we knew we had to go for it.

Getting everyone together for a proper old-fashioned night out is so much fun. It's been a great way for everyone to get to know each other better, bringing together all age groups from the community to have a laugh and some hot food. So we really wanted to carry on doing it and keep those connections.

**"It's been a great way for everyone to get to know each other better, bringing together all age groups"**

This year we're planning to have bingo, a singer, a novelty act and a traditional hosted sing-a-long. We want to provide an event that will bring together all ages from the community and a cheap night of entertainment in a safe environment. We put on transport if people are unable to get there or are worried about using public transport. We have run the event for four years now and each year the first question the attendees ask at the end of the night is "What date is next year's do?"

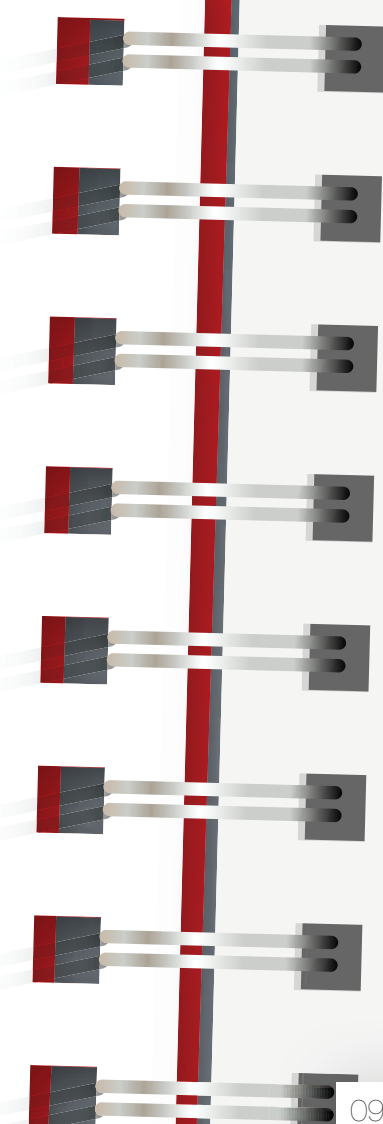
The trouble with anything like this is that you

have to do the paperwork! But I downloaded the form online and it didn't look too bad – just three pages. Teasie Obersteller, New City Primary's learning mentor, filled it in and then it was just a question of sending it and crossing our fingers. When we found out that our event proposal had been approved there was a lot of celebrating!

In the past it's been a challenge getting funding for our event. We've all had to learn a lot about fundraising, and even this year we'll have to get some extra money in from somewhere. We have been lucky enough to receive an Inspiring People grant from the council but apart from that we have found it difficult to pull in the necessary funds to provide a fantastic night of entertainment. But we will succeed, we have no doubt about that!

It's early March when I'm writing this and we've already done so much: we have booked the venue, organised the entertainment and food, fundraised, distributed publicity, devised the programme for the night and persuaded our head teacher to let us leave early on the day to set up the room!

We're all really looking forward to the enjoyment on the people's faces. But between now and then, there's a lot of hard work to do...





# We are family

**The longer you've been out of work the harder it can seem to get a job – multiply that by two and it becomes even more difficult. Abdulwaseem and Qaiser Khan are among the first to benefit from the council's families project. This unique scheme aims to get all unemployed members of a family into work by identifying any barriers into employment and offering targeted support to overcome them.**

The Khans from Forest Gate have five children aged between five and 21. Abdulwaseem has always been the main breadwinner, with Qaiser a stay at home mum and a carer for her mother and daughter.

## **Qaiser's story**

After not working for 18 years, finding work was very tough. I was registered with Workplace for about two years

before I got my current job at John Lewis. Before that I did lots of unpaid work experience and went on courses, but despite all the jobs I applied for I never got a single response.

Now I work as a part-time catering assistant. I really love my job. I do lots, from preparing food to cash handling. I've learned so much and on my day off the pastry chef gives me lessons to improve my skills.

I'm very thankful to Workplace and John Lewis for the opportunities they've given me. With the skills I've learned, one day I hope to start my own business.

## **Abdulwaseem's story**

I've been registered with Workplace for a while. They gave me a lot of training and helped me get a job as a caretaker, which was a two year contract. When that finished I signed up with a few agencies. Workplace had assisted me with my CV

so I used it to register online for jobs. I got the odd bit of work here and there, and I was determined not to sign on again, but I really wanted something permanent. When Workplace called me about jobs at Aspers, I jumped at the chance. Following an initial group interview, I was called for a second interview and got a job as a cleaner. After so many years of struggling I finally got a permanent job and was overjoyed – I can't thank Workplace enough.

The Workplace families project is open to all family members, not just couples. The team will address your barriers to work, provide training where needed and help with issues such as childcare. For more information email **Workplace.families@newham.gov.uk** or call **020 3373 1101**.



# Your Local Hero

## **Dr Samantha Bhima**

### **Expert in your health**

Your local GP can quickly treat you and can refer you to specialist care when needed.

GP, Newham

**A&E is for the most serious, urgent cases.  
Leave A&E for those who need it most:  
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# THE REEL THING YOUTH COUNCIL GETS EXPERT ADVICE

When it comes to home-grown filmmakers they don't come much bigger than Danny Boyle. The Oscar winning director of *Slumdog Millionaire* and artistic director of the Opening Ceremony of the Olympic Games took time out from his packed schedule to offer pearls of wisdom to our own aspiring film makers.





Newham Youth Council members have turned film directors, actors and producers for their latest project. The group, who are aspiring to become stars of the big screen, have helped devise and create a short film called *A Day in the Life*, which they hope will wow the judges at Sundance London, a four-day film and music festival in April. Their five-minute production reflects on what it's like to be a Newham young person and offers a glimpse of the different experiences of our young residents on a typical day.

As part of the project, a group of 25 youth councillors accompanied the Young Mayor Abraham Male and Deputy Young Mayor Wendy Zadigue to 3 Mills Studios in Stratford. As well as gaining an understanding of the film-making process, they toured the impressive sets of one of the country's finest studios. They also had the chance to quiz Danny Boyle about his film-making career – and report back exclusively for the *Newham Mag*.

### How did you get your big break?

I acted in school plays and a teacher said: 'you should go to uni and do drama', so I studied drama and English and spent three years doing stage plays.

I wrote to a theatre company asking for a job as a driver. Once you're in the theatre, if you're good, you can work your way up. Eventually I got a chance to be an assistant director and then I got a chance to direct on stage. Then I moved to TV. Now I direct films, although here we're doing the Opening Ceremony of the Olympic Games.

### What's been your biggest obstacle?

If you're really into it, if you're obsessive, what tends to happen is that you'll get there. People that go into it for the wrong reasons, like the glamour or the money, they stop and fall away. Those who are mad enough, and obsessed enough, tend to make it.

### What's your favourite film you've worked on and one you haven't?

My favourite film is *Apocalypse Now*. You can't say that about your own film! You have a strange relationship with your films because by the time you've finished them you're sick of them! And then the

affection comes back after. You shouldn't differentiate between them.

### How do you deal with criticism?

The honest answer is that you pretend that you don't read it, or ignore it or rise above it, but it's tough. On some levels, you have to believe in yourself enough to push through it, because sometimes people don't believe in you and you have to believe enough yourself or you'll never get anywhere.

Criticism is good; if you can get through it you do learn things that are correct, sometimes. One of the things that I've learned is that when you work in a group that helps because you can criticise each other without destroying each other. You can say: 'I don't like that bit, we should do that differently'. You work with a peer group and bounce ideas off each other.

### What inspires you?

I used to love watching films by director Nicolas Roeg. You always find someone whose films you like. If you get a chance you should write to them, because actually you don't really get that many letters from people. You may not get a reply, but you might. I remember writing to people and not getting a reply; now I know those people. They ask me to sit on committees and things and I think: 'Nah, you never replied to my letters!'

**Danny was so impressed with the Youth Council that he'll be attending their film's premiere next month. If you'd like to view the film ahead of its screening visit <http://competition.sundance-london.com/entry-gallery>**

**To find out more about the Young Mayor follow him on Twitter [ym\\_newham](https://twitter.com/ym_newham) or visit [www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)**

**To win one of five pairs of tickets to the premiere screening follow Abraham on Twitter and tweet him #A Day in the Life premiere.**

**Closing date is March 28, you must be aged between 11 and 18 to apply. Winners will be notified via their Twitter account.**



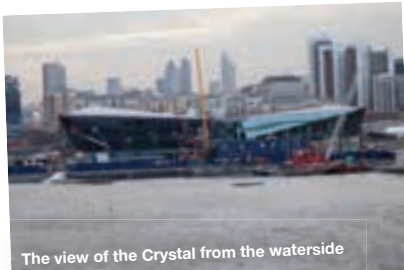




**Look to  
the future  
with the  
Crystal**



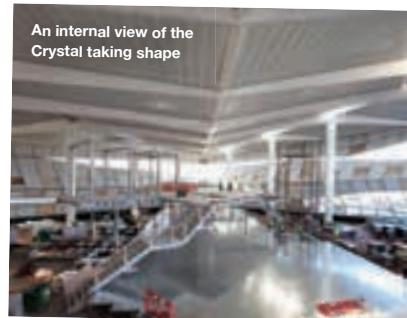
**As eyes turn to Newham this summer, we welcome massive investment in the historic Royal Docks. This aspect of Games legacy will breathe new life into the area that once bustled with business, driving investment in the south of the borough and bringing new pride to Newham.**



The view of the Crystal from the waterside

One of the big players coming to our waterside is technology giant Siemens. Its pioneering sustainable development, the Crystal, will form part of a Green Enterprise District, a showcase for green technology that will keep the world's eyes focused on us. Every last detail of the building has been made as environmentally friendly as possible, including charging stations for electric cars that will be available to the public.

Locally, the Crystal will create up to 50 jobs when it opens later this year. It will host a free public exhibition, hoping to attract 100,000 visitors per year to the area. It will contain a restaurant, café and shop, as well as a debate forum that will invite schools



An internal view of the Crystal taking shape

and members of the local community to take part in conversations about the future of cities. Outside the building, there will be community gardens, which will provide the opportunity for residents to put their green fingers to good use.

### **Making it crystal clear**

How is the Crystal so environmentally friendly? We've broken it down for you.

#### **On the button**

Left the lights on overnight? No problem. The building can be managed by one person from anywhere in the world, which means that energy use can be minimised when there's a greater need for it elsewhere locally.

#### **Wind of change**

Natural ventilation in the building means free cooling, avoiding the need for air conditioning. During hot days, heat is taken from the building and stored in the ground for re-use during cooler weather.

#### **Hitting the roof**

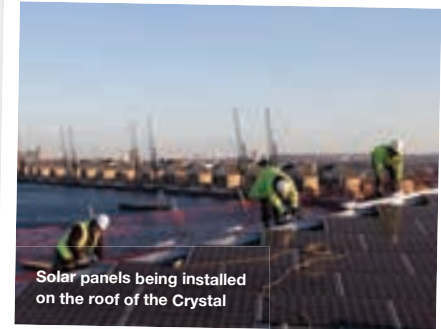
Roof panels collect the sun's energy, producing electricity which is used throughout the building – for example, to heat water in the restaurants.

#### **When it rains, you pour**

Rainwater will be collected and treated for use as drinking water.

#### **No money down the pan**

All water used in the building, including



Solar panels being installed on the roof of the Crystal

what is used to flush toilets, will be treated and re-used in the toilets and for watering the gardens around the building.

#### **Hot stuff**

Stored heat will be taken from the ground and used to heat the building when it's cold. Glazing on the windows and insulated roofing keeps heat in during winter and out during summer.

#### **Green giant**

There will be a strip of trees and shrubs planted along the boundary with Silvertown Way, providing a natural noise buffer. Plants and trees have been specially chosen to withstand drought, so less water is needed to keep them alive, while the drainage system minimises the amount of water running into sewers and into the dock.

#### **Lightbulb moment**

The building was designed to use the wonderful natural light on the docks as much as possible, so people inside won't rely so heavily on electricity.

**Find out more about the Games in Newham, including legacy, by visiting [www.newham.gov.uk/2012Games](http://www.newham.gov.uk/2012Games) Find out more about the Crystal by visiting [www.thecrystal.org](http://www.thecrystal.org)**

## We propose changing the way we manage our housing waiting list. Tell us what you think.

Whether you are on the housing waiting list, living in social housing or a Newham resident, we want to know what you think of Newham Council's proposed changes to the way we give out social housing.

You can view details of this consultation at [www.newham.gov.uk/housingallocations](http://www.newham.gov.uk/housingallocations) or ask at your Local Service Centre.

Tel: 0800 358 0337

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## Once in a lifetime opportunity to work on the 2012 Olympic and Paralympic Games

**workplace**  
Creating a better future

Recruitment for 1000s of games-time jobs is happening from now to May 2012 to ensure that the 2012 Olympic and Paralympic Games are the best the world has ever seen. Act now to apply for jobs in the following areas:

- > Retail
- > Catering
- > Cleaning
- > Security
- > Stewarding
- > Administrative

The majority of the roles are short term (2 - 9 weeks) but there are some longer-term positions available to start immediately. Whether you are a student, parent or looking to enhance your CV, this is a unique opportunity to be a part of the greatest show on earth!

Workplace is co-ordinating games-time applications from all Newham Residents. You can call into your nearest office or register on the link below and a member of our dedicated games-time team will be in touch:

[www.newhamworkplace.co.uk/2012Jobs.htm](http://www.newhamworkplace.co.uk/2012Jobs.htm)

**Stratford**  
Boardman House,  
64 Broadway,  
Stratford,  
London E15 1NT

**Canning Town**  
The Place,  
2 Silvertown Way,  
Canning Town,  
London E16 1EA

**East Ham**  
Opposite Newham Town Hall,  
High Street South,  
East Ham,  
London E6 6ER

brought to you by



# Lets make the Olympics work for us all

**If you own a property in Newham, you might be excited about the Games for reasons that have nothing to do with sport. With talk in the press of the large sums to be made, letting property to visitors is a tempting prospect.**

But if you are planning to let property, you must be aware of the law on short-term lettings.

Planning permission will not normally be required for householders taking in up to two lodgers and remaining in the home themselves.

However, letting your property for a short amount of time, ie fewer than 90 days, means you need to apply to change its use from residential to 'temporary sleeping accommodation'. You must do this by the end of May.

The council is unlikely to grant permission if we have reason to believe that visitors will be staying longer than

the duration of the Games, but each application will be considered on its individual planning merits.

The council has been receiving complaints from residents that landlords are planning to unlawfully end tenancies before the Games or are offering illegal short-term contracts, in order to profit from higher rents during that period.

The council will be enforcing the law to prevent this. Our priority is protecting our existing residents and communities, so if we do grant permission, it will be very tightly regulated. We can, for example,

consider asking applicants to pay for an inspection after the Games to make sure the property has gone back to its original, long-term residential use.

If we discover any property being used as a short-term let without permission, we will take legal action, which may result in a fine.

**Find out more about what  
planning permission is needed  
and how to apply by calling  
020 3373 8300 or visiting  
[www.newham.gov.uk/planning](http://www.newham.gov.uk/planning)**





# Our super six are going

Since January, you have been nominating residents to receive one of the most talked about prizes we have ever given away - money-can't-buy tickets to the 2012 Olympic Games. With less than 150 days to go until the Opening Ceremony we showcase six lucky residents that demonstrate they are beacons among our many shining lights and worthy Inspiring People.

## Employment and training

– Simon Reddecliffe

Despite several serious illnesses, which led to mental health problems, Simon has defied the odds and is back at work – and is helping others to do the same.

After using volunteering as a way of getting back into work, Simon's dedication, talent and personality landed him a job with Thames21, which looks after London's waterways. Last year Simon took over the charity's mental health project, encouraging people with a history of mental illness to volunteer through weekly gardening sessions. In his own way, Simon is making a difference to the lives of all the people he works with and comes across.

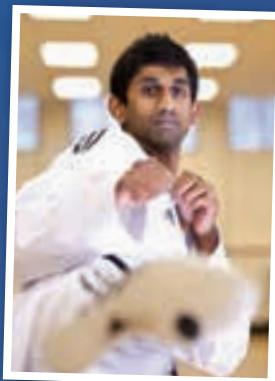


organised at Kensington Primary School in 2010 proved to be such a hit that last year she brought the community together to mark the Royal Wedding with a street party which was attended by 500 people. The event also raised £1,250 for the Royal London Hospital's Children's Critical Care Unit.

Whether a neighbour wants help with translation or assistance with writing a letter, no request is too much for this community star.

## Sports – Sivakumar Renganathan

When it comes to TaeKwonDo, few can claim to match Sivakumar achievements. The martial arts expert has created Gurumu TaeKwonDo, currently ranked number one



club in the country. Thanks to his constant encouragement and persistence, his students have represented Great Britain across the country and in Europe; in 2011 his team won first place at the British National Championships.

Sivakumar was appointed the cadet coach for the National Academy and coached the GB national team at the 2011 European Championships – something he is still doing today. As well as being a role model to his students for many years, Sivakumar is now officially an Inspiring Person.

## Volunteering – Barbara Landey

For Barbara retirement meant the beginning of a new chapter – in more

ways than one.

Beginning as a volunteer at the Volunteer Network Centre (VNC) based in Emmanuel Parish Church, E7, she was known for going the extra mile. Helping



others became a passion for Barbara who left the VNC to volunteer at Earlham Primary School, E7, providing reading help to children who needed extra support.

When illness threatened her community work, Barbara worried that she might have to give up volunteering but despite all this she overcame ill health and returned to school to continue the work she is so passionate about, making her an inspiration to young and old.

## Achieving potential – Katie Blake

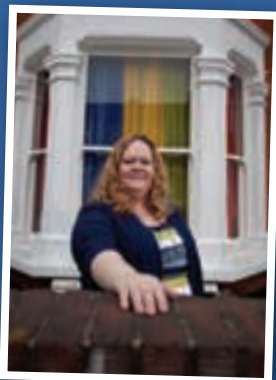
If you were one of the tens of thousands of people that attended last year's World Skills event at ExCeL you have Katie to thank for help making it happen.



A Newham Volunteer for almost ten years, volunteering at almost 500 events, Katie began flying the flag for our borough when she was part of the group that presented ExCeL to the International Organising Committee as a potential venue for the 2012 Games. They were so

## Community – Daniell Hambrook

Daniell is proof of that good neighbours not only make good friends but also build stronger communities. When she's not running the Neighbourhood Watch Group and Residents'



Action Group, Daniell represents her area in meetings with the police and council.

A St George's Day event that she



# to the Games

impressed with the presentation they recommended that she form part of the group that represented Newham at the World Skills board in Australia.

The UK was one of 32 countries that bid to host this international event which showcases vocational education and training opportunities from across the world, encouraging young people to share their skills.

Katie has not only achieved her potential through tirelessly helping others but through the World Skills event has made others realise theirs.

## Creativity – Ola Ojuko

Energy, enthusiasm and creativity – Ola has all three in abundance. This 17-year-old studies but still finds time to volunteer at Plaistow's Swift Centre. She set up and ran a Glee Club that saw a team of Newham youngsters make the top three in the Jack Petchey Glee Challenge, fighting off competition from hundreds of entrants from across London. As well as fun, her creativity stretches to more serious matters: Ola worked with a group of younger girls to put together a piece of drama on the pressure that girls often feel under to have sex.



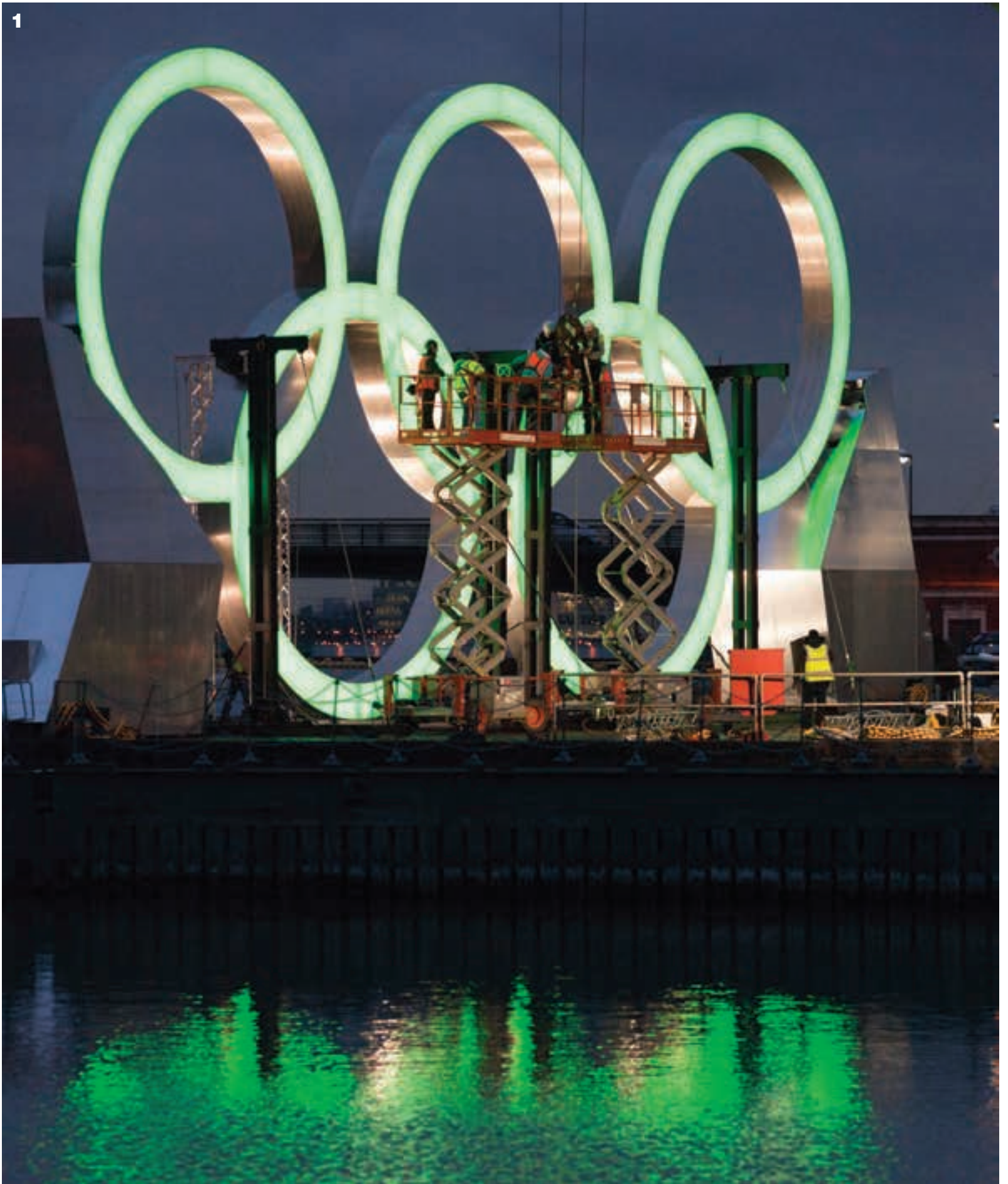
Ola's enthusiasm is contagious and her Glee Club's achievement was partly down to the commitment she inspired in the group, who rehearsed three nights a week and at weekends for six months to ensure their show was a success.

### Make someone's day: nominate your Inspiring Person

If you know a Newham resident that is an inspiration to others or whose talents or goodwill may have gone unrecognised, put them forward for a well-deserved reward. All Inspiring People chosen by our judges will receive a pair of tickets to a high profile event at the Olympic Games.

Go online now to nominate your hero.  
Visit [www.newham.gov.uk/inspiringpeople](http://www.newham.gov.uk/inspiringpeople)





Newham in pictures





**1** Ringing out across the Capital – Olympic rings begin their journey across London from Newham's docks. **2** Bring on the bunting – New City Primary School pupils help to get their community party started. **3** The Green Enterprise district begins to take shape. **4** Bringing sunshine to Trafalgar Square: Newham's Russian Souvenir Ensemble, Sunshine Choir and children from the Educational and Cultural Centre Globus open the Russian Maslenitsa Festival. **5** Lovely Jubilee: improvements to the Greenway to mark the Diamond Jubilee.



# Sweet memories

**In 1864 Henry Tate opened what is now the largest sugar refinery company in the UK. For generations, the Tate & Lyle factory in Silvertown has provided jobs for local people and beyond. Ethel Colquhoun, 82, was one of the people whose entire working life was spent within the factory walls of this globally recognised and much loved brand. Her story features in a new book that celebrates her and the other Sugar Girls who have helped contribute to the success of Tate & Lyle.**



Newham born and bred, Ethel has always lived within the shadow of the factory she began working in aged 14. Her love and commitment to the job saw her rise up the ranks from packer to forelady.

#### **How did you get the job?**

I was 14. Tate's did sugar and cubes and Lyle's did sugar and syrup. My sister

worked at Tate's. I went to the labour exchange (which has now evolved to be Job Centre Plus) and they sent me to Lyle's. I met a man called Mr Sherlock at the gate. He read my character reference, which we used to get from school. He sent me to the surgery to have my hair checked for lice and I started work. I worked as a packer on the one-pound

machine. There were 28 one-pound packets of sugar in one parcel. As the packets came down, you'd clamp 14 packets together with your hands and pack them onto a pallet. It's all done by machine now. I later went on to become a driver. You'd start the machines up and fill them with sugar. After a while they asked me if I wanted to be a chargehand.





## > WORKING LIVES

matter with me, and of course I told her. The next day they took me out of the office and put me back on the machines. Despite this, I later ended up as a forelady and was in charge of 200 people.

### How did you get involved with the book?

I had a visit from a young lady. She went to the school where my daughter-in-law works to ask if they knew anyone that used to work at Tate & Lyle and she sent her round to me.

### Do you miss working?

No. When I retired someone said I'd probably get a part-time job somewhere, but I never did. I feel sorry for the people today, the young ones. Some people say they're lazy but all the factories are shutting. In my day you could come out of one factory and go and get another job in the next one. You can't do that today. So it's not their fault really.

Ethel's story features in *The Sugar Girls: Tales of Hardship, Hunger and Happiness in Tate & Lyle's East End*, out at the end of March. Canning Town's the hub, 123 Star Lane, is hosting a launch event on Wednesday 28 March, from 11am-1pm. Come along to find out more about the history of women at Tate & Lyle, see old pictures, meet former 'sugar girls' who featured in the book and enjoy free tea, coffee and cake.

**Current workers at Tate & Lyle may face redundancy or have their working days cut because of higher import tariffs on raw sugar cane being introduced by the European Commission. Voice your concerns about this change which will affect 850 workers by emailing the European commissioner Dacian Ciolas on [dacian.ciolas@ec.europa.eu](mailto:dacian.ciolas@ec.europa.eu)**

Now they call them supervisors.

I worked five days a week and Saturday mornings. We did 48 hours a week which later reduced to 40.

### How did your first promotion come about?

The office girls used to come and talk to me and one day they asked me to come

over to the office to check the sugar weight sheets.

One day I went to my friend's granddad's birthday party and drank port and lemon all night. When I came home, I was sick in the night – I've never had a day off work but I felt so ill I couldn't go in. My friend that worked in the office came to see what was the





From left: Tariq, Billy, Dawn, Jean, Rosie and Norman



# A deep rooted community

**As the first blooms of spring make an early appearance, it's time to polish your green fingers and get sowing in time for this year's Best in Show, the annual growing competition at the Mayor's Newham Show. And if you're looking for some inspiration take a leaf out of GreEn16's garden.**

The community growing project in Custom House has turned a disused space into a luscious vegetable paradise for residents and local businesses. In 2009, with nothing but builders' bags as plots, the group began planting. Some joined out of curiosity and others for friendship but the one thing everyone had in common was a passion to see tiny seeds develop into strong plants. From using empty mayonnaise tubs from the local takeaway as plant pots to making mini greenhouses from old water bottles, this resourceful group is growing from strength to strength.

Dawn Lang was persuaded to start growing after her neighbour asked her to join her at GreEn16. She said: "I started off with three bags and now I have seven. Initially I came to keep my neighbour company but now I spend more

time down here than she does!

"A lot of what we plant starts on our window ledges. At the moment I've got cress and mustard and I'll be starting off my carrots. I've even potted up a Christmas tree on my windowsill! I've grown cherry tomatoes in hanging baskets before because they trail. Other people have begun growing peas, celery and runner beans on their windowsills.

"We all share plants and grow different produce. I've grown a pear tree and I would never have thought you could grow something like that in a bag. Last year I got 13 pears.

"My favourite thing that has grown out of this garden is the community spirit. We now all talk to each other. I've known people for years but never had a conversation with them. This garden has changed all that."

## Get growing

**The growing competition at the Mayor's Newham Show, 21 and 22 July, will include:**

- > the longest carrot
- > the biggest courgette
- > the juiciest strawberry
- > the reddest radish
- > the leafiest lettuce
- > the oddest looking vegetable or fruit.

**To take part, get growing!**

**Find out more by visiting [www.newham.com/summer](http://www.newham.com/summer) or email [competitions@newham.gov.uk](mailto:competitions@newham.gov.uk)**



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# NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

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## Rented property licensing proposals. Tell us what you think.

We have listened to your views on our plans to license all private rented properties in Newham. As a result of your feedback, we have now developed formal proposals to introduce rented property licensing across Newham.

You can view details of this consultation and respond  
at [www.ors.org.uk/survey/newhamlicensing](http://www.ors.org.uk/survey/newhamlicensing)



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**live, work & stay**





# *Sporting a new facility*

**Sprint down to the Royal Docks on Saturday 24 March for the unveiling of SportsDock - a brand new, state of the art sports facility. At this special free community event, there will be Olympic and Paralympic athletes and an exciting range of interactive activities.**

For many people in London, the 2012 Games will be a big summer event; a huge party with the whole world invited.

For Newham residents, it's the beginning of a new chapter. What's been grandly called legacy is, simply put, the investment in sports, culture, transport, housing and even more, which will continue to bring benefits to the borough for years to come. The SportsDock at the University of East London's Docklands Campus is a shiny new example of just that – a major development for the community, offering top of the range facilities at an affordable price.

## **See for yourself**

As part of the special open day, the Newham All Star Sports Academy

(NASSA) will be on hand to showcase their dazzling array of basketball skills and West Ham United Academy coaches will be hosting training sessions. There will also be demonstrations and training opportunities with West Ham Boys Amateur Boxing Club, London Lynx Volleyball Club and London Youth Rowing. Families will have plenty of entertainment too with face painting, trampolines, dancing and a bouncy castle. Joining visitors will be double Paralympic medal winner, Ade Adepitan MBE, and four time American Olympic winner and Chef de Mission for Team USA, Teresa Edwards.

In between now and the Games, you can be the first to use equipment designed for Olympic athletes: Team

USA will be using SportsDock as their training headquarters during the Games. SportsDock will reopen to the local community and UEL students and staff following the Games. Residents can use the £21m facility, complete with fitness centre, strength and conditioning room, two outdoor 3G five-a-side football pitches, indoor arenas, dance studios and sports cafe – all before the athletes arrive.

**The FREE event will take place on Saturday 24 March, between 10am and 5pm, at UEL's Docklands Campus, University Way, E16. For membership enquiries, please visit [www.sportsdock.co.uk](http://www.sportsdock.co.uk) or call 020 8223 6888.**



# GET INVOLVED WATCH. TAKE PART. PERFORM.



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We're Theatre Royal Stratford East - a historic theatre that puts on full-scale plays, hosts a buzzing bar with nightly entertainment, organises theatre groups for young people, and more!  
There are loads of ways you can get involved - and not just performing!  
Discover more about your community and your local theatre.

## OPPORTUNITIES FOR EVERYONE

- Volunteering as part of Open Stage
- Public debates
- Join our youth theatre group
- Watch and participate online
- Help with productions
- Submit your own work
- Join Stratford East Singers

## GET INVOLVED NOW

- Call us on 020 8534 0310
- Email the Open Stage team at [openstage@stratfordeast.com](mailto:openstage@stratfordeast.com)
- Follow us on Facebook
- Follow us on Twitter @stratfordeast

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THEATRE ROYAL  
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Open Stage is supported by Paul Hamlyn Foundation, the National Lottery through Arts Council England and the Esmée Fairbairn Foundation



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# 50 Pairs of Olympic Tickets for Council Tax Payers



## Could you grab yourself a pair of London 2012 Olympic Tickets?

If you pay your Council Tax by Direct Debit or sign up before 5pm on 15 May 2012 you could be chosen at random to receive a pair of tickets to the Olympic Games!

**We have 50 pairs of tickets to give away to events including the Opening and Closing ceremony.**

Signing up to Direct Debit is easy and has the following benefits:

- choose the payment date
- payments are made automatically but you stay in control – you can cancel at any time
- you are protected by the Direct Debit Guarantee – you'll get a full refund from your bank if an error is made in the payment of your Direct Debit
- you can trust Direct Debit to be totally secure.

Visit **[www.newham.gov.uk/directdebit](http://www.newham.gov.uk/directdebit)** for more information, to sign up to Direct Debit and to view the terms and conditions for the allocation of tickets. You can also phone **020 8430 2000** for a Direct Debit form to be posted to you.

The random selection will take place at the end of June 2012 and those selected will be notified in writing by Friday 6 July.

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# YOUR SPACE

where young people take control

## DIFFERENT AGE, SAME WAGE

Stratford School students Jayesh Lakhani, Ammara Molvee, Samra Malik and Rashid Tussadaq, all 16, feel that the national minimum wage should be the same for everyone. They discovered the inequality in pay as part of their citizenship classes.

"The national minimum wage in Britain varies because of people's ages. We feel that this is wrong and it needs to change.

**"We want young people's voices to be heard, and this is why we want to encourage people to take action to try and make the law change"**

"Under the Universal Declaration of Human Rights, everyone has the right to be treated equally and under the Equality Act 2010, brought in by the Government, age discrimination is illegal. If this is the case, why should people who do the same work get paid different wages purely on the basis of their age?"

"As residents of Newham, we know there are more young people living in this borough than any other; this is why we want to make young people aware that the national minimum wage is different for them from what it is for adults. It is not fair that people get paid different wages for doing the same work. We want young people's voices to be heard, and this is why we want to encourage people to take action to try and make the law change.

"Imagine you were doing work and you got paid less than someone else just because of your age? How would you feel?"

"We are in process of trying to get a Parliamentary early day motion proposing that all ages should get the same national minimum wage and we need all the support that we can get.

"This issue is very important to us and we feel strongly about it. We encourage you all to seriously think about it. As young people, we believe that we can make a difference. If you feel the same, write to your local MP."



Jayesh Lakhani,  
Samra Malik and  
Rashid Tussadaq



## Dinner date with a difference

Newham Supper Club is a social network for local residents who want to make the most of their spare time.

The club is made up of different interest groups; bringing community members who share the same interests together. The groups can be anything from a book club to a swimming club; the more members the club has, the more new interest groups it can help set up.

**Newham Supper Club meets on the last Thursday of each month at the Froud Centre, Manor Park, E12, from 7-9pm.** Light refreshments are provided, or you can bring your own supper to cook, eat and maybe share!

Come along and find out more about what it can offer to you, make new friends and share your interests. Just drop in on the day.

For more information visit [www.newhamsupperclub.org.uk](http://www.newhamsupperclub.org.uk) or call Sadie on 020 8519 3485.



## Caravanserai weekend celebration

You'd be a fool to miss out on Canning Town Caravanserai's weekend celebration event.

The three-day-long fest will feature workshops by local people and organisations showcasing and teaching their skills to visitors.

The weekend will be kick-started with an opening tea ceremony on Friday 30 March at 6pm and will conclude with a carnival party on Sunday 1 April.

The festivities will include a fashion parade, a 100-person feast table and entertainment provided by local bands. You can enjoy an array of international foods, as well as an exhibition about the history of communities in Canning Town. And if you want to try something new, why not have a go at African hat tying?

The event is free and open for all so bring a pal and enjoy this jam-packed weekend of events - there's something for everyone. To see the full rundown visit [www.caravanserai.org.uk](http://www.caravanserai.org.uk). The event will take place at the junction of Silvertown Way and Hallsville Road, E16.

**If you're part of a local community group and would like to have a stall at the event, email [lucy@caravanserai.org.uk](mailto:lucy@caravanserai.org.uk) with your ideas.**





## Eastlea's farmers' market

Come along to Eastlea Community School for their first ever farmers' market.

Stalls will be selling fresh organic produce, cakes, sausages, cheese, plants, chilli jams, vegetables, refreshments and more.

The day will be filled with fun and entertainment with a petting zoo and a farm-themed fancy dress competition open to everyone.

**Whether you want to spend 50p or a fiver, bring your family and friends along on Saturday 24 March, from 11am-3pm at Eastlea Community School, Pretoria Road, E16. For more information call 020 7540 0400.**

## Free health event for carers

Newham Carers Network is holding a free Health Information and Awareness Day for carers and the community on Wednesday 21 March.

Find out about a range of issues including the Healthy Heart Foundation, prostate awareness, breast cancer, chiropody, sickle cell, fire safety, stopping smoking and more.

Along with this, enjoy free activities such as henna art, massages and health MOTs by NHS nurses, who will be checking blood pressure and testing for cholesterol and diabetes.

**Drop in to The Hartley Centre, 267 Barking Road, E6, from 10am-1pm. The event is free and light refreshments will be provided.**

To find out more call Rashida on 020 8519 0811 or email [rashida.ali@renewalprogramme.org.uk](mailto:rashida.ali@renewalprogramme.org.uk)



## Boys bring home the national cup

NASSA under 16s boys' basketball team are celebrating after winning the Sureshot National Basketball Cup final.

The team travelled to Manchester where they competed for the national award. Taking on Birmingham A's, NASSA played their best and stole the show by clinching the title with a final score of 73 to 61.

And it was a double whammy for NASSA as their Neptune's men's team, who play in the Division 3 National League, won their game for the Sureshot Men's National Shield 2012. Playing against Loughborough Students Riders, the men triumphed with a score of 73 baskets to 69.

NASSA basketball team is open to everyone. For more information about sessions turn to page 35 or visit [www.nassasports.org.uk](http://www.nassasports.org.uk)



**NASSA's u16 team with Natasha Hart (r) stand proud with medals**



# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**  
OR EMAIL THEM TO  
**[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

Don't forget to write your name, age, address and daytime  
contact telephone number on the back of your entry

## GALLERY



*Jamila Ahmed, 9*



*Savannah Nyarko, 5*



*Laksena Suresh Kumar, 9*



*Kerena Webber, 9*



## Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



Stratford Picturehouse, Theatre Square, E15

## Colour-me-in Wordsearch



L	I	L	D	E	R	S	Y	S	S	C	Y	C	L	D	N	G	S	K	T
A	E	L	G	I	L	T	T	B	M	E	B	T	S	S	P	E	E	D	A
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Africa  
Agility  
Beauty  
Big Cats

Coat  
Hunting  
Leopard  
Rosettes

Safari  
Speed  
Trees  
Zoos

## Poem

### NEWHAM

Imagine leaving footsteps in the  
sand on a deserted beach,  
Then feeling a lonely wind rush  
through you.

It's not like that here.  
If you leave a foot step,  
Many will follow,  
Some may even show you the way.

Imagine a whole island to yourself  
with palm trees and all,  
But then seeing no one but yourself  
for hundreds of miles.  
It's not like that here.  
Every day you wake up to a new face,  
Any shape, any size, any ethnicity  
any thought.

Imagine everything done completely  
around one culture, one religion,  
Then realising that you need to be  
more open minded, but how?

It's not like that here...

**Momana Ijaz, 13**





# WHAT'S ON?

**FIVE PAGES  
OF ACTIVITIES  
MOSTLY FREE,  
ALL FUN!**

To view hundreds of events, or to add your own,  
log on to [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)

**16 – 30 MARCH**

## TRY SOMETHING NEW... NEWHAM ACADEMY OF MUSIC'S SPRING FESTIVAL

Enjoy a week of musical melodies courtesy of the Newham Academy of Music (NAM) who will be welcoming the new season with their spring festival. Come along for an evening of entertainment on:

**Saturday 24 March**, 7pm at Arch1, 1 Cranberry Lane, E16. **SONA Rock Night** – Newham's hottest rockers rock the Arches.

**Monday 26 March**, 7pm at All Saints' Church, West Ham. **Chamber Night** – guitar and recorder ensemble, RedBox String Quartet and Soloists

**Wednesday 28 March**, 10am-4pm at NewVic, Prince Regent Lane, E13. **Schools' Day** – Welcoming schools to perform in our new home.

**Thursday 29 March**, 7pm at St. Paul's Church, 227 Burges Road, E6. **Choral Concert** – academy singers, junior choir and the Newham Voices choir.

**Friday 30 March**, 7pm at St. John's Church, Stratford Broadway, E15. **Grand Concert** – A night with the Newham Youth Orchestra, symphonic, wind band and more.

**Saturday 31 March**, 10am-1pm at NewVic, Prince Regent Lane, E13. Celebrate last day of term with egg hunt and music.

**Tickets available on the door: £5 for adults, (concessions £3), free for under 16s. For more information call 020 7540 6923 or visit [www.newham-music.org.uk](http://www.newham-music.org.uk)**



## ALL LIBRARY LISTINGS

See Library Contacts (next page) for venue details.

### UNDER FIVES GROUPS

All open to under fives with their parents/carers.

#### Storytelling

##### Beckton Globe

Fri, 10-11am

##### Canning Town

Mon, 10.30-11.30am

##### Custom House

Tues, 10.15-11.15am

##### East Ham

Wed, 2-3pm

##### The Gate

Fri, 11am-12noon

##### Green Street

Thurs, 10.30-11.30am

##### Manor Park

Thurs, 10.30-11.30am

##### North Woolwich

Thurs, 2-3pm

##### Plaistow

Tues, 11am-12noon

#### Crafts Club

##### Manor Park

Tues, 10.30-11.30am

#### Toy Library

##### East Ham

Tues, 10am-12noon and Thurs, 10am-12noon

#### Imaginative Play

##### East Ham

Fri, 10.30-11.30am

#### Learning and Craft

##### Beckton Globe

Tues (during school term) 1.30-2.30pm

### ADULT READING

#### Adult Reading Groups

##### East Ham

Mon 19 Mar, 6.30-7.30pm

Chronicle of Death Foretold by Gabriel Garcia Mrquez

### OTHER EVENTS

#### Over 50s Club

##### Beckton Globe

Thurs, 10am-12 noon

#### Writers' Group

##### The Gate

Tues 27 Mar, 5.45-7.45pm

#### ICT Surgeries

##### The Gate

Thurs, 10am-12noon

#### Knit & Natter – craft group for men and women of all ages and abilities

##### Beckton Globe

Wed, 10am-12noon

##### Canning Town

Fri, 10am-12noon

#### Movie Night – free showing of the film 'Captain America'(12A) – Marvel Comic Book

##### The Gate

Tues 20 Mar, 6pm

### YOUNG PEOPLE

**Homework Club** – All young people aged seven to 14 can get free study support at their local library on the days and times below. School term only.

##### Beckton Globe

Tues, 4-6pm

##### Canning Town

Thurs, 4-6pm

##### Custom House

Thurs, 4-6pm

##### East Ham

Mon, 4-6pm

##### The Gate

Tues, 4-6pm

##### Green Street

Tues, 4-6pm

##### Manor Park

Thurs, 4-6pm

##### North Woolwich

Mon, 3.30-5.30pm

##### Plaistow

Thurs, 4-6pm

#### Games Clubs – Sony PS3

or Xbox 360 and Nintendo

Wii games, board games and many more free activities for eight to 13-year-olds.



### Canning Town

Mon, 3.30-5.30pm

### Custom House

Tues, 3.30-5.30pm

**East Ham** Tues, 3.30-5.30pm

**Manor Park** Mon, 3.30-5.30pm

### Teenage Games Clubs –

PS2 and Xbox games, music, board games and many more activities for ages 12 to 16.

**Beckton Globe** Wed, 3-5pm

**Teen Xtra Evenings** – free activities for ages 12-21.

**The Gate** Thurs, 6-8pm

### LIBRARY CONTACTS

#### Beckton Globe Library

1 Kingsford Way, E6 5JQ. 020 337 30853

#### Custom House

Prince Regent Lane, E16 3JJ. 020 3373 0855

**East Ham** High Street South, E6 6EL. 020 3373 0827

**The Gate** 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

**Green Street** 337-341

Green Street, E13 9AR. 020 3373 0857

**Manor Park** Romford Road, E12 5JY. 020 3373 0858

**North Woolwich** 5 Pier Parade, E16 2LJ. 020 3373 0843

**Plaistow** North Street, E13 9HL. 020 3373 0859

#### Archives and Local Studies

(limited postal and email service only) Phone: 020 3373 6881

Email: archiveslocalstudies@newham.gov.uk

#### Community Outreach

**Services** For more info call 020 3373 0813

### SPORTS PROGRAMME

#### Basketball

##### Youngbloods Basketball

- U12s, mixed

Sat, 1-3pm, East Ham Leisure Centre, E6

- U13/14s, boys

Mon, 6-8pm, St Angela's School, E7

Tues, 5.30-7.30pm Newham Leisure Centre, E13

- U14s, girls

Mon, 4.30-6pm, St Angela's School, E7

Tues, 5.30-7.30pm, Newham Leisure Centre, E13

- U15/16s, boys

Tues, 6-8pm, East Ham Leisure Centre, E6

Fri, 6-8pm,

St Angela's School, E7

- U17/18s boys

Tues, 8-9.45pm, East Ham Leisure Centre, E6

Thurs, 7-9pm, St Bonaventure's School, E7

Fri, 6-8pm,

St Angela's School, E7

Each session costs £1. Call

Caroline on 07958 307 657 for more info

#### Football (free)

##### Mayor's football League

8-16s, Mon, 4-6pm

Newham Leisure Centre, Prince Regent Lane, E13

#### 4v4 Football

8-19s, Wed, 5-7pm

Stratford Park MUGA, West Ham Lane, E15

#### 5v5 Football

8-19s, Fri, 5-7pm

Royal Victoria Gardens, Pier Road, E16

#### 4v4 Football

8-19s, Fri, 5.30-7pm

Snowhill MUGA, High Street North, E12

#### 5-a-side Tournaments

(First Sat of the month)

U12s/U14s/U16s, Sat, 10am-1pm

Plashet Park, Plashet Grove, E7 8-19s, Wed, 7.30-9pm.

Winsor community MUGA, Manor Way, E6

For more info call Abul on

020 3373 4119 or getactive@newham.gov.uk

#### WHU Kickz (free)

**Mon**, U14s, 4-5.30pm

- 15+, 5.30-7pm

West Ham United Community Astro Turf (Beckton), E6

- 11-18s, 5-8pm

Forest Gate Youth Centre, E7

**Tues**, U14s, 4-5.30pm

- 15+, 5.30-7pm

West Ham United Community Astro Turf (Beckton), E6

- 11-18s, 6-9pm

Priory Park MUGA, E6

**Wed**, 11-18s, 5-8pm

Priory Park MUGA, E6

**Thurs**, 11-18s, 4-7pm

Priory Park MUGA, E6

**Fri**, U14s, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham United Community Astro Turf (Beckton), E6

- 11-18s, 5-8pm

Forest Gate Youth Centre, E7

#### Air Football 16+

**Tues**, 1-3pm,

Stratford Park, E15

**Fri**, 3-5pm, Beckton

Powerleague, E6. For more info visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

#### Ascension Football Academy

School yrs R-3, 9.30-10.30am

School yrs 4-7, 10.45-11.45am

School yrs 8-11, 12noon-1.30pm

Football

All sessions £2.50

King George V Park, E16

For info call Beryl on 020 7511 1232

#### Basketball

##### Newham All Star Sports Academy (NASSA)

##### Junior Programme

8-11 yrs boys/girls

Cumberland School, Oban Close, E13

Fri, 4.15pm-5.30pm

U13/14s, Thurs, 4.30-6.30pm and Sat, 10am-12.30pm

U15s, Thurs, 5.30pm-7.30pm, Newham Leisure Centre, 281

Prince Regent Lane, E13

U16/18s, Mon, 5.30-7.30pm

Rokeby School, Canning Town E16 4DD

#### National League

**Mon**, 6-8pm, U13/14s,

Rokeby School, Barking Road, E16

**Tues**, 6-8pm, U15/16s

Rokeby School, Barking Road, E16

**Thurs**, 4.30-6pm,

U13/14s boys, U14s girls,

Newham Leisure Centre,

Prince Regent Lane, E13

6-8pm, U16s, Newham

Leisure Centre, Prince Regent Lane, E13

6-8pm, U18s, Cumberland

School, Oban Close, E13

#### Gifted and Talented

Fri, 4.15-5.30pm

Cumberland School, Oban Close, E13

#### Basketball Session

**Sat**, 10am-12noon

Newham Leisure Centre,

Prince Regent Lane, E13

Learning and Craft



Cricket

### Senior Men/Women Programme

Mon, 7.30-9.30pm  
Division 2 Women and Division 3/4 Men. Rokeby School, Canning Town, E16  
For more info call NASSA on 07947401616

### Handball (free)

8-16s, Tues, 3-4.30pm  
16+, Fri, 6-8pm  
Newham Leisure Centre, Prince Regent Lane, E13  
For more info email aranka.bekker@newham.gov.uk

### Multi sports (free)

Wed, 1-3pm and 5-7pm, 16+  
Stratford MUGA, West Ham Lane, E15  
Fri, 5.30-7pm, 8-19s  
Snowhill MUGA, High Street North, E12. For more info call Abul on 020 3373 4119 or getactive@newham.gov.uk

### Athletics

Sun, 10.30am-12.30pm, 10-19s  
Newham Leisure Centre, Prince Regent Lane, E13  
For more info email coral.nourrice@newham.gov.uk  
- Newham and Essex Beagles Athletics Club, Mon and Wed, 6.30-9pm, 10+  
Sun, 10am-1pm. Call 020 7511 4477 or email jacqueline.ramsden1@btinternet.com

### Cricket

Mon, 3.30-5pm, 8-18s  
Cumberland School, Oban Close, E13

League/tournaments (11 Jan onwards)  
Wed, 6-8pm, 8-18s  
Lister Community School, St Mary's Road, E13  
For more info call Abul on 020 3373 4119 or getactive@newham.gov.uk

### Boxing

West Ham ABC - community boxing, 11-19s  
Free Olympic style amateur boxing sessions.  
Hathaway Community Centre  
Hathaway Crescent, E12  
Wed, 7pm  
Email carl.barton@newham.gov.uk or call 020 8430 2000 for more info  
- West Ham Boys ABC 9+, boys and girls  
Mon, Wed, Fri, 5-6pm  
The Black Lion, 59-61 High Street, E13. Call Lianne on 020 8472 3614  
- Peacock ABC 8+, Mon, Wed, 6-8pm  
boys and girls  
Caxton Street North, E16  
Call Martin on 020 7511 3799  
- Newham Boys ABC 6+, boys only  
Mon, Wed, Fri, 6-7.45pm  
Old Bath House  
141 Church Street, E15  
Call Ravinder/Joe 020 8519 5983  
- Fight For Peace 11+, boys and girls  
Woodman Street, North Woolwich, E16  
Call Marigold on 020 7474 0054

### Non-contact boxing

Wed, 7-8pm, 11-19s  
Hathaway Community Centre, Hathaway Crescent, E12  
For more info email carl.barton@newham.gov.uk

### Hop, skip and punch (16+)

Free fitness classes  
Mon, 5-6pm, Field Community Centre, Field Road, E7  
Wed, 5-6pm, Beckton Community Centre, 14 Manor Way, E6  
Fri, 5-6pm, Katherine Road Community Centre, Katherine Road, E7  
For more info email carl.barton@newham.gov.uk

### Table Tennis

For beginners and intermediate players  
Thurs, 6.30-9pm  
Stratford School, Upton Lane, E15 (Doris Road entrance)  
For more info call Ginny on 07976 577716 or John on 07828 866031 or email ginny.harris10@btinternet.com

### Hockey

Mon, 3-5pm, 8-14s  
Kingsford Astro, Kingsford Way, E6 (by Asda car park)  
For more info call Abul on 020 3373 4119 or getactive@newham.gov.uk

### Rugby

Tues, 4-6pm, 10-16s  
Memorial Park, Memorial Avenue, E15. For more info call Abul on 020 3373 4119 or getactive@newham.gov.uk

### Volleyball

Mon, 3.30-5pm, 11-18s  
Royal Docks School, Prince

Regent Lane, E16. For more info call Abul on 020 3373 4119 or getactive@newham.gov.uk

### Newham Swords (4+)

Tues, 6.30-9pm  
Thurs, 6.30-9pm  
Fri, 7.30-10pm  
The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13.  
For more info call Linda on 07956 618 898 or visit www.newhamswords.co.uk

### Dare 2 Dance

Free street dance classes for girls, 12-16s  
Fri, 3.30-5.30pm  
Newham Leisure Centre (New Indoor Multi Sports Centre), Prince Regent Lane, E13  
For more info call Nicole on 07970 783 526 or email nicole.napier@newham.gov.uk

### Newham Striders

Free, sociable walking group that go striding in the local area seven days a week. Visit www.newham.gov.uk, email paula.peaty@newham.gov.uk or call 020 8430 2000 for more info

### Newham Shoujin Karate Sessions for beginners:

Wed, 4.30-5.30pm, 4-15, term time  
Thurs, 6-8pm, 16+  
Fri, 6-7pm, 4-15 and 7-8pm, 16+  
Sun, 10-11am, 4-16  
Newham Leisure Centre, Prince Regent Lane, E13. For more info call 07508 070 638 or visit shoujin.co.uk

### WCKD Karate & Self Defence Institute



Boxing



Teaching Freestyle Karate and self defence  
All levels including beginners  
Children, 5-9 yrs, £3.50 Mons and Weds, 5-6pm and Sat, 11am-12noon  
Juniors, 10-15 yrs, £5 Mons and Weds 6-7pm and Sat, 12noon-1pm  
Maryland Studioz, 84-86 Leytonstone Road, Maryland, Stratford, E15. For more info call 07535 928297 or email [wuchikwondo@gmail.com](mailto:wuchikwondo@gmail.com)

### **Ramgarhia Badminton Club Adults (Advanced)**

Tues, 7-9.30pm  
Little Ilford School, Church Road, Manor Park, E12

### **Juniors**

Fri, 6-7.30pm

### **Adults (Beginners/Intermediate)**

Fri, 7.30-9.30pm  
Langdon School, Sussex Road, East Ham, E6.  
For more info and prices call Kilvir on 07803 834 037 or email [ramgarhia.bc@gmail.com](mailto:ramgarhia.bc@gmail.com)

### **Woodside Badminton Club**

Intermediate and club standard players welcome,  
Fri, 8-9.30pm, £5 waged/£3 unwaged, Carpenters Docklands Centre, 98 Gibbins Road, E15  
For more info call Steve on 020 8514 1586

### **East End Road Runners**

Free coached sessions for all abilities  
Tues and Thurs, 7pm  
Sun, 9am, meet on the track, Newham Leisure centre, Prince Regent Lane, E13  
For more info call Bisi 0797 926 1647.

### **Wanstead Flats Parkrun**

Free timed 5K run  
Sat, 9am  
Harrow Road Changing Pavilion, Wanstead Flats

Playing Fields, E11.  
For more info or to register visit [www.parkrun.org.uk/wanstead-flats](http://www.parkrun.org.uk/wanstead-flats)

### **Cycling – sessions and guidance**

Wed, 11am, 12.15pm and 1.30pm.  
Fri, 12.15-2.15pm.  
Free, all equipment provided  
F13 Waterfront Studios, 1 Dock Road, E16. For more info call 020 7055 0808 or visit [www.careinmind.org.uk](http://www.careinmind.org.uk)

### **Zumba classes (16+)**

Thurs, 7.30- 8.30pm, St Nicholas Church Hall, Gladding Road, E12, £5 per class. For more info call 07720 805 505

### **Skiptrix Circuit classes**

Skiptrix Kids Fun and Games, 8-12, Thurs, 5-6pm, £3 per session  
Skiptrix Circuit Adults, 16+, Thurs, 6.30-7.30pm, £5 per session. The Hub, Star Lane, E16  
For more info call Neusa on 07904 625 402

### **Newham Swimming Club**

Competitive swimming for all ages (fees apply).  
To try out for the team call Richard 07915 270 702 or visit [www.newhamswimmingclub.org.uk](http://www.newhamswimmingclub.org.uk)

### **Twisted Pink**

7-12 yrs, £2.50  
Singing: Tues, 5.30-6.30pm  
Drama: Thurs, 5.30-6.30pm  
Street Dance: Fri, 6-7pm 13 yrs+, £3  
Street Dance: Fri, 7-8pm  
Maryland Studioz, 84-86 Leytonstone High Road, E15  
For more info call Jacqueline on 07534 513 307 or email [twistedpink26@aol.com](mailto:twistedpink26@aol.com)

### **FEMALE ONLY ACTIVITIES**

### **Women United FC (11+)**

Mon (term time only)  
6-7.15pm, Kingsford School,

Kingsford Way, E6. For more info call Shona on 07968 665 849  
**Girls spinning sessions**  
11-16, Mon and Wed, 4-4.30pm. Newham Leisure Centre, Prince Regent Lane, E13  
For more info call 020 7511 4477

### **Female only gym sessions**

Free, 11-16, Tues and Thurs, 3.30-5pm. 16-25, Weds, 1.30-3pm. Newham Leisure Centre, Prince Regent Lane, E13  
Call 020 7511 4477 for info

### **Female box-fit classes (16+)**

Mons, 4.15-5.15pm, Balaam Leisure Centre, Balaam Street E13. Call Carl on 020 3373 6034 for info

### **Girls Football**

Mon, 6-7.30pm  
U12/14s football tournaments  
Kingsford Astro (entrance by Asda car park) Beckton, E6  
For more info call 020 8556 5973.

### **Female Multi-Sports**

Ultimate Frisbee, Cardio Tennis, Handball, Dodgeball, Rounders, Netball, Football and more. 10-16s, 4.30-6.30pm, Tues, 4.30-6.30pm  
Newham Leisure Centre, Prince Regent Lane, E13.  
Fri, 4.15-5.15pm, Little Ilford Youth Zone, Rectory Road, E12.  
For more info call Farrakh 020 8556 5973 or email [Farrakh.Khan@locsp.org](mailto:Farrakh.Khan@locsp.org)

### **Sheila's Yummy**

### **Mummy buggy (16+)**

Mon, 10-11.30am  
Central Park, East Ham, E6 (meet outside cafe in the park)  
Fri, 10-11.30am, Plashet Park, Plashet Grove, East Ham, E6.  
£5 per session  
For more info call Sheila on 07908 614 958 or email [spoleon@aol.com](mailto:spoleon@aol.com)

### **Get back into Netball**

OPA Netball Club sessions.  
Tues, juniors, 6-7pm, seniors, 8-9.30pm. £2 per session. Lister Community School, St Mary's Road, Plaistow, E13. For more info call Lesley on 07717 281 529 or email [\[hotmail.com\]\(mailto:hotmail.com\)](mailto:opanetballclub@</a></p>
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### **Unity Zumba**

Classes are £5 each adults, children £3. Minimum age 7yrs.

### **Mon, 8-9pm**

Hartley Centre, 267 Barking Road, East Ham, E6 1LB

### **Wed, 8-9pm**

Hartley Centre, 267 Barking Road, East Ham, E6 1LB

### **Sun, 6.30-7.30pm**

The Well Centre, 49 Vicarage Lane, East Ham, E6. For more info call UnityZumba on 07886 884 573

### **Zumba Fitness (16+)**

Ditch the workout, join the party.

### **Mon, 6.30-7.30pm**

Plaistow Park Community Centre, E13

### **Wed, 5.30-6.30pm**

Old Town Hall, Stratford, E15

### **Thurs, 6.30-7.30pm**

Plaistow Park Community Centre, E13

For more info call Pam 07916 327 541 or visit [www.salsapam.com](http://www.salsapam.com)

### **Zumba classes**

### **Tues, 8-9pm,**

£4 per hour, The Swift Centre, 387 Barking Road, E13

### **Thurs 7.30-8.30pm,**

£4 per hour, The Hub, 123

Star Lane, E16

For more info call Annabel on 07500 898 665

### **SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE**

### **Multi-Sports**

Free Flying Wheels club for young wheelchair users 6-22.

Wed and Fri evenings, 6-8pm.

Rokeby School, Barking Road E16. For more info call Eda on 07888 085 259

Mon, 4-5.30pm, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16 U19s, Fri, 5-7pm and Sat, 2-4pm, Newham Leisure Centre, E13.

People with Disabilities Club,

Tues, 10.30am-12.30pm,  
Newham Leisure Centre, E13.  
For more info call 020 7511 4477  
Fri, 4.30-6pm. NewVic, Prince  
Regent Lane, E13. For more  
info call 07811 671 082

### **Ability Club**

11-25, Fri, 4.15-6.15pm  
Newham Sixth Form College,  
Prince Regent Lane, E13  
For more info call Paul on  
07811 671 082

### **Wheelchair Basketball**

11-19, Wed, 4-5pm  
Rokeby School, Barking Road,  
E16. For more info call NASSA  
on 07947 401 616

### **Free Family swims for disabled children and adults**

Newham Otters Swimming  
Club, Sat, Newham Leisure  
Centre E13, 4.30-5.30pm  
For more info call Sandie 07931  
788 739  
Family Swim, Sun, 12.30-2pm,  
Balaam Leisure Centre, E13,  
For more info call 020 7476 5274

### **Get fit for free**

Free use of the gym for one  
year for people with learning  
disabilities at Newham Leisure  
Centre, Tues, 1.30-3.30pm and  
Fri, 10am-12noon. To book an  
induction call on 020 7511 4477

### **B1 Football Club**

Third Sun of every month,  
10am-12noon, East Ham  
Leisure Centre, E6

For all of the following sessions  
call Zahra at GLL on 020 7511  
4477.

**Free Trampolining sessions**  
U19s, Fri, 5-7pm and Sat,  
12noon-2pm, Newham Leisure  
Centre, E13

### **Free soft play and exercise to music**

Sat, 12.30-2.30pm, Newham  
Leisure Centre, E13

### **Mixed swimming session for adults and children**

Wed, 10am-12noon, East Ham  
Leisure Centre, E6, £1.15 a  
session

### **Free swim for families dealing with autism**

Wed, 4-5pm, Balaam Leisure  
Centre, E13

## **OTHER**

### **Older People's Reference Group**

Actively concerned for the  
welfare and health of the  
borough's elderly.  
Meets second Thurs of each  
month, 12.45-2.45pm  
East Ham Care Centre  
(Resource Lab, Ground Floor,  
Shrewsbury Road, E7  
For more info call 020  
8821 0862 or visit [oprg@ageuknewham.org.uk](http://oprg@ageuknewham.org.uk)

### **East Ham and West Ham Pensioners' Association**

Campaigning group in defence  
of pensioners. All pensioners  
welcome. Meets on the first  
Thurs of every month. 2-4pm,  
East Ham Town Hall, E6.

### **ASD Kings and Queens Homework Club**

Study support for young people  
aged 11-16 alongside African  
History and Social Development  
Classes, all sessions £5  
Thurs, 4-6pm, The Grassroots  
Centre, West Ham Recreational  
Park, E15. For more info call  
07538 024 039 or email [kqes@africanssonsanddaughters.com](mailto:kqes@africanssonsanddaughters.com)

### **Protecting You to Protect Your Money**

Do you have a disability,  
chronic illness or are you an  
older person having trouble  
managing money? Come  
along to a FREE event and  
receive help and advice  
in protecting your money,  
property and valuables.  
Wed 18 Apr, 1-4.30pm, West  
Ham United Football Club,  
Green Street, E13 (places  
must be booked in advance).  
For more info or to book a

place call Shaheen on 020  
3373 4132 or email [shaheen.khan@newham.gov.uk](mailto:shaheen.khan@newham.gov.uk)

## **COMMITTEE MEETINGS**

All meetings take place at  
Newham Town Hall, Barking  
Road, E6, unless specified

### **Fri 16 Mar**

Licensing (2003 Act) Sub-  
committee, 2pm, Council  
Chamber

Licensing (2003 Act) Sub-  
committee, 4pm, Council  
Chamber

### **Mon 19 Mar**

Licensing (2003 Act) Sub-  
committee, 11am, Council  
Chamber  
Local Development  
Committee, Council Chamber,  
7pm, Old Town Hall,  
Stratford, E15

### **Tues 20 Mar**

Crime and Disorder  
Scrutiny Commission, 7pm,  
Committee Room 2  
Health and Social Care  
Scrutiny Commission, 7pm,  
Committee Room 2  
Strategic Development  
Committee, 7pm, Council  
Chamber, Old Town Stratford,  
E15

### **Thurs 22 Mar**

Newham Partnership - Better  
Health and Well Being  
Partnership Action Board,  
3pm, Lister Room  
Children and Young People  
Trust, Newham Partnership,  
4.30pm, Newham Dockside,  
1000 Dockside Road, E16 2QU,  
East Wing, room E4.04/05

### **Tues 27 Mar**

Overview and Scrutiny  
Committee, 7pm, Committee  
Room 1

### **Thurs 29 Mar**

Mayoral Proceedings, 10am,

# **USEFUL NUMBERS**

## **020 8430 2000**

Hundreds of services,  
just one number – for all  
council enquiries

For questions about  
councillor surgeries or to  
find out which ward you live  
in, call 020 8430 2000 or  
visit [www.newham.gov.uk/yourcouncillor](http://www.newham.gov.uk/yourcouncillor)

Write to the Mayor at  
Newham Town Hall,  
Barking Road, London,  
E6 2RP or email  
[mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

For information about  
Community Forums  
freephone 0800 519 4015 or  
email [community.forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)

For information about the  
2012 Games and how it will  
affect Newham, visit [www.newham.gov.uk/2012Games](http://www.newham.gov.uk/2012Games)

To report anti-social  
behaviour – anything that  
causes your local area to  
look unsightly or makes  
other residents' lives  
unpleasant – call Newham's  
24-hour hotline on  
0800 731 3300

To speak to the Newham  
Mag team, call 020 8430  
2000 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

## **MEET THE MAYOR**

### **Meet Sir Robin Wales**

**Tues 20 Mar**, 5-6pm, Newham  
Town Hall, Barking Road, E6

**Sat 24 Mar**, 9-10am, Manor Park  
Local Service Centre, E12.  
Please arrive promptly at the start  
of each surgery

### **Speak to Sir Robin Wales**

**Wed 28 Mar**, Call 020 8430 2000  
between 9.30am and 10.30am  
and speak directly to the Mayor





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- > Boccia or Athletics in the subject header of the email.

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**[www.newham.gov.uk/testevents](http://www.newham.gov.uk/testevents)**

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Mayor of Newham*



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10AM – 6PM

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